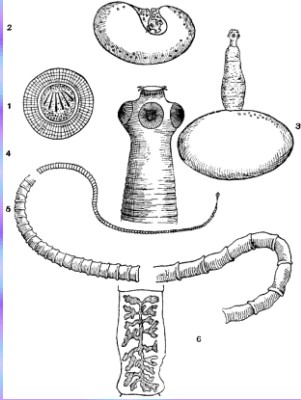


What is Mental Health?

-Mental health refers to our cognitive, and/or emotional wellbeing - it is all about how we think, feel and behave.

HOW DO TAPEWORMS AFFECT MENTAL HEALTH?



Types of Mental Health Issues

- Anxiety
- Bipolar Disorder
- ADHD/ADD
- Autism
- Chemical Dependency



- Depression
- Eating Disorders
- Personality Disorders

- Trauma and PTSD
- OCD

Signs and Symptoms

- Abuse of drugs and/or alcohol
- Inability to cope with daily problems and activities
 - Changes in sleeping and/or eating habits
- Defying authority, skipping school, stealing, or damaging property
 - Intense fear of gaining weight
- Long-lasting negative mood, often along with poor appetite and thoughts of death
 - Frequent outbursts of anger
 - Changes in school performance
 - Poor grades despite strong efforts
 - Excessive worry or anxiety
 - Hyperactivity
 - Persistent nightmares

2nd Page – See final slide of Power Point for questions to Scavenger Hunt

3rd Page – Big Question? – What are the three main sources you can obtain tape worms and why do they pertain to more health concerns? How does having a tape worm pertain to overall mental health.

4th Page – Work Sheet - See each slide for individual question for students to write down on own blank paper

5th Page – See Attached

•